

Town of Redwater Programs - Spring

April to June 2022

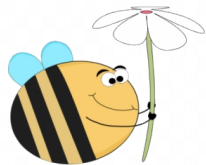
Pembina Place Indoor Walking - May 17 to August 25

Keep up your walking routine this summer with the indoor walking route at Pembina Place! Leave the heat, bugs, and uneven surfaces outside and walk confidently in climate-controlled comfort. Bring your clean, indoor shoes and check in at reception Tuesdays, Wednesdays, and Thursdays between 9:00am and 12:00pm (closed statutory holidays). Drop by or phone the Facility Administrator at 780-942-3555 for more information.



Community Volunteer Income Tax Information Program

Trained volunteers can help eligible individuals prepare basic income tax and benefit returns up to April 21, 2022. For eligibility information or to book an appointment, call the Community Services Office at 780-942-4101.



Planting Bee

Would you like to be part of bringing spring to life by planting flowers in our town planters in May? Phone the Community Services Office at 780-942-4101 to sign up for this beautification activity!

Swimming Pool

Come experience fun in the sun at the Redwater Swimming Pool! The pool opens late May until the end of August. We are pleased to offer Red Cross Swimming lessons for children, as well as private lessons for swimmers of all ages. Private pool rentals will also be available. The Redwater Swimming Pool 2022 Program Guide will provide all the information you need to plan your summer fun.



The following programs will be offered this year at the Swimming Pool if there is enough interest. Email csassistant@redwater.ca or phone 780-942-4101 **by April 30** to have your name put on the interest list.

Bronze Medallion (Level 1 - Minimum 13 years old)

Bronze Cross (Level 2 - Minimum 13 years old)

Junior Lifeguard Club (11-13 years old)



Volunteer Sign Up

Watch for news on our Facebook page for a volunteer sign up linking individuals to local organizations and events.

Summer Programs

Keep your eye out for the 2022 Summer Programs Recreation Guide launching the end of May/early June, the guide for all things fun this summer!

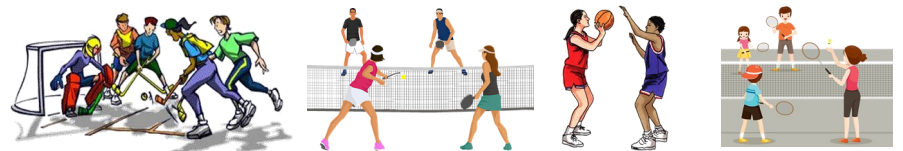


Leaders in Training (LITs)

Calling all enthusiastic, energetic teens who are 13-17 years old and love working with kids! Watch for details coming in late May about how you can be a part of this exciting summer opportunity.

Pembina Place Fieldhouse

Floor hockey, pickleball, badminton, basketball! Watch for news on our first steps to create a fieldhouse at Pembina Place this summer!



Youth Subsidy Program

There is a Youth Subsidy Program available to Redwater residents. This program supports families with children living in the Town of Redwater who may not otherwise have access to recreational, cultural, and social program opportunities due to financial barriers or extraordinary living situations. The complete policy and application form is available online at:

www.redwater.ca/p/community-services

For more information, to pick up applications, or to donate to the subsidy fund, contact the Community Services Office at 780-942-4101 or email cscoordinator@redwater.ca.

Babysitter Safety Course, Home Alone and Other Programs

Call the Community Services Office at 780-942-4101 to place your name on a "Program Interest List" for the Babysitter Safety course or the Home Alone course. A class will be attempted to be scheduled once enough people have expressed an interest in it.

Are there other courses you would like to see offered in town? Let us know your suggestions by calling 780-942-4101 or emailing cscoordinator@redwater.ca.

Community Events

Volunteer Appreciation Fiesta - April 28

Volunteers, RSVP by April 14 to the Community Services Office.

Town-Wide Garage Sale - May 7

Contact the Lions Club of Redwater to register.

National Public Works Week - May 15-21

National Public Works BBQ - Wednesday, May 18 at Ochre Park School. Everyone welcome!

Town-Wide Clean Up - May 4

Watch for details on our clean-up and BBQ event on our website and Facebook page.

Farmers' Markets - Starting June 21

Tuesdays from 4:00-6:30pm at Pembina Place. Contact the Redwater & District Agricultural Society at 780-940-6076 to register.

Seniors' Week - June 6-12

Seniors' Block Party: Saturday, June 11

Other Seniors' Activities: watch for details on our website and Facebook page.



Town Council Golf Tournament - August 12

This annual mixer is one you won't want to miss! Stay tuned for details.



Community Services Office
4944 - 53 Street
2nd floor of Pembina Place
P.O. Box 397
Redwater, AB T0A 2W0

Contact Us

Phone: 780-942-4101
Email: cscoordinator@redwater.ca
www.redwater.ca
facebook.com/TownofRedwater



Visit us on
Facebook

Community Programs & Events - Spring

April to June 2022

Redwater Public Library

Drop-in Lego Club (All ages) - April 8, May 3, June 7 from 1:00-4:00pm.

Drop-in Maker Space (All ages) - April 22, May 20, June 17 from 1:00-4:00pm.

Drop-in Toddler Storytime - Thursdays, April 7 to May 26 at 2:30pm.

Take N' Make Kits for Kids - April 13 & 27, May 11 & 25, June 8 & 22.

Take N' Make Kits for Adults - April 20, May 18, June 15.

May the 4th Be With You (All ages) - May 4, 1:00-4:00pm. DIY light swords.

Hot Dog and Book Sale - Saturday, May 7, 8:30am-5:00pm (Hot dog sale begins at 10:30am)

Free Comic Book Day - Saturday, May 7, 11:00am-4:00pm while supplies last.

Summer Reading Program - Begins June 30! Read all summer! Win prizes! Join us for two months of reading, crafts, activities, and prizes!



Visit the Library's Facebook page or website
(www.redwaterlibrary.ab.ca) for program details
or phone 780-942-3464.

Sports & Dance Programs for Children & Youth

Heartland High Energy Jump Rope Club

For information, contact Nicola at 780-942-2802 or visit
www.heartlandhighenergy.com.

Redwater Junior Golf

Junior Golf - Mondays, 4:00-6:00pm. \$5/night includes golf, hot dog and a drink. For more information, phone Dave at 780-222-6608.

Redwater Minor Ball

For information, email pres@redwaterminorball.com.

Redwater Minor Soccer

For information, visit www.RedwaterSoccer.com or
email redwaterrocketssoccer@gmail.com

Yobukan Karate

For information, contact Justin at 780-668-7160.



Youth Groups & Organizations

Lighthouse Youth Group at Redwater Alliance Church

For grades 5-12.

For more information, contact Youth Pastor David at 780-288-4939
or email joe_bob3333@hotmail.com.

Redwater 4-H

For information, contact Mary Ann at 780-942-4196.



Programs for Families with Young Children

Families First Society

For more information or to register for any of the following programs, call
780-998-5595 ext 221 by 4:00pm the Thursday before the program date.
Register for all, one, or some of the dates according to your availability.

Silly Sprouts Play - Tuesdays, 9:30-10:30am from April 19 to June 14 at
Pembina Place. Register your family for this fun-filled program of games, crafts,
songs, and more. This program is for children ages 1-6 and their parents/
caregivers.

Dadventures - Wednesdays, 6:30-7:30pm (April 20, May 4 & 18, June 1 & 15).
Calling all Dads, Grandads and awesome Uncles! Register yourself and your kids
for fun activities and snacks at Pembina Place.

Adult Programs & Activities

Sherwood Park - Strathcona County Primary Care Network (SPPCN)

The Sherwood Park - Strathcona County Primary Care Network (SPPCN)
provides primary care services to the areas formerly served by Alberta
Heartland PCN, including Redwater, Lamont, Gibbons, Bon Accord and Fort
Saskatchewan. We have two central offices - one in Fort Saskatchewan and
another in Sherwood Park. We are committed to supporting you during the
COVID-19 pandemic. Currently, appointments are being held over the phone, by
video, or in-person as needed.

We work as a team with family doctors and other healthcare professionals to
advance your health and wellness. We offer support for chronic disease
management, mental health, exercise, nutrition, healthy living, and more.

Some of the 2022 group patient education classes include:

*Managing Menopause; Managing your IBS (Irritable Bowel Syndrome);
Eating the Mediterranean Way; Changeways - Depression Therapy Group;
Diabetes 101 and 201; Virtual Drop-in Exercise; Living with Osteoarthritis*

The other Edmonton Zone PCNs are also offering group classes that are open to all
residents in the Edmonton Zone (including Redwater residents). Check out the
"Programs & Classes" section of our website (sherwoodparkpcn.com) to learn more.

Consider asking your doctor about what programs and classes may be beneficial for
you. If you are looking for a family doctor, there are family doctors in Redwater who
are currently accepting new patients. Check out our website to discover all of the
doctors who are accepting new patients in our PCN's geographic region. Another
valuable resource is the *Alberta Find a Doctor* website (albertafindadoctor.ca).

For more information, call 780-410-8000 or visit www.sherwoodparkpcn.com.

Adult Programs & Activities (continued)

Jeannie & Friends Singalong

Join others in bringing some singalong joy to Diamond Springs Lodge and Radway
Health Centre. For more information, contact Jeannie at 780-942-2963.

Lions Club of Redwater

Town-wide Garage Sale - Saturday, May 7, 2022.

For more information, contact Dave at 780-222-6608.



Redwater & District Pioneer Club

Morning Coffee & Pool - Mondays & Thursdays, 9:00-10:30am. Everyone
welcome!

Floor Curling - Tuesdays & Thursdays, 1:30pm (with the exception of the first
Tuesday of the month). Everyone welcome.

Club Meetings - First Tuesday of the month, 1:30pm.

Pancake Breakfast - First Sunday of the month, 9:00-10:30am, \$7/person.

Community Supper - Second Wednesday of the month, 5:00pm cocktails, 6:00pm
supper. Non-members, reserve your plate by calling 780-942-3772 the Sunday
before the supper.

Tea and Bake Sale - Friday, April 29, 1:00-3:00pm.

For more information or to book the Pioneer Club, contact
Zoney at 780-942-3772 or Lorraine at 780-580-0037.



Redwater Art Society

Drop-In Art - Tuesdays and Wednesdays, 1:00-4:00pm. Put some colour in your
life and find your inner artist! Beginners and newcomers welcome.

Upcoming Classes and Projects: *How to Start a Painting; Sunlight and Shadows; Saving
Whites; Colour Theory; Malign Lake Finger Painting (group project); Animal Drawing/Painting.*

For more information, contact Fred at 780-200-3005 or email
artsocietyredwater@gmail.com. Visit www.redwaterartsociety.ca
or Redwater Art Society on Facebook to view artwork and current classes.

Redwater Citizens on Patrol Association

Monthly General Meetings - New members welcome.

For more information, contact Dave at 780-222-6608 or email MrDbm@shaw.ca.

Redwater Community Golf Club

For information, contact Elizabeth at 780-942-3993 or email
redwatergolf@gmail.com.

Redwater Fellowship of Churches Food Bank

For hamper assistance, donations, or volunteering, please call and leave your name,
phone number and the date you called. A volunteer will return your call. Hamper
assistance is set up by phone only.

For more information, contact 780-942-2061.

Redwater Fitness Club

Good physical and mental health is something we all strive for and value. We have
everything from cardio, resistance machines, and free weights to massage, yoga and
other fitness classes.

Equilibrium Yoga - Tuesdays, 6:30-7:30pm, Wednesdays, 1:30-2:15pm, Sundays,
7:30-8:30pm. Phone Equilibrium Yoga at 780-267-7232 for more information.

Youth CPR Awareness Program - An upcoming Saturday TBA

RFC Paint Night - Saturday, April 2, 6:00pm.



For more information, contact Andrea at 780-991-5882 or email
redwaterfitness@hotmail.com.

Redwater Legion Branch 251

For information on current activities, contact Chris at 780-942-3484.

Redwater Mixed Slo-Pitch

For information, contact Jamie at 780-264-0759.

Sturgeon Adult Learning

For more information on programs offered within Sturgeon County such as
English literacy or computer literacy programs, phone 780-923-2374 Ext 1105.

Careers Under Construction

Are you looking to build your employment skills and learn how to succeed in an ever-
changing job market? CUC offers a variety of free job readiness workshops offered in person
and virtually throughout each month. Our workshops include *Interview: Prepare to Succeed;*
Career Transitions: Learn Techniques to Manage Change; Job Search; Transferable Skills and
many more. Take some of the stress out of your job search and call us today at 780-992-
0250 to register. Visit us at www.careersunderconstruction.ca.

Counselling & Referral Services



Community Services Office

The Community Services Office offers a variety of preventative social programs
to enhance the well-being of individuals, families and our community. Residents
are able to access information on personal support services and resources in the
Redwater area and may also be referred to local, regional or provincial human
services agencies. For more information, drop in to our office located on the
second floor of Pembina Place, call us at 780-942-4101 or email
cscoordinator@redwater.ca.

Public Health Clinic for Children and Adults

Redwater Health Centre
Thursdays from 9:00am-4:00pm

Providing immunizations (child, adult, school, seasonal influenza), communicable
disease control, healthy beginnings, early childhood interventions.
Call 780-942-6615 to make an appointment.

